

Layers and Layers

Materials Needed:

- Acrylic paint
- Canvas or mixed media paper
- Paint brush
- Cup of water



1. Choosing the darkest color of paint (like black or dark blue), begin painting a word of your choice that will help you stay grounded in this moment. Examples could be “love,” “gratitude,” “joy,” etc. Paint this word multiple times on your canvas, using a fan or blow dryer to dry each layer. When finished with the last color, wash off the paint brush and let the paint dry as you ponder the mindful moment with Tammy below.



2. Mindful Moment with Tammy

Take a moment to read this short poem by Danna Faulds two or three times and very slowly, as if you were marinating with the words. Then close your eyes, take a few deeper fuller breaths, and imagine drawing the essence of the poetry into your body. When you are ready, continue your art project informed by the feeling state generated from this mindfulness practice.

Joy For No Reason

I am filled with quiet joy for no reason save the fact that I'm alive. The message I received is clear—there's no time to lose from loving, no place but here to offer kindness, no day but this to be my true, unfettered self and pass the flame from heart to heart. This is the only moment that exists – so simple, so exquisite, and so real.

3. Choose a color that is lighter than the one on the canvas and paint the same grounding word repeatedly on your canvas, overlapping on the darker color and the negative space. Repeat this process and eventually you will have multiple layers of your painted word to give an abstract, graffiti-like look.

